

# Lower Limb Exercise Class

**Patient Information** 

**Physiotherapy Services** 

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# Introduction

The lower Limb Exercise aims to help to recover from lower limb injury or surgery and helps people to increase their strength, function, and balance. We want to help people return to, or increase, their normal levels of activity.

We aim to help people return to work or and get back to completing their meaningful hobbies, interests, and daily activities.

We accept referrals for patients of all ages and abilities who are looking to improve the strength and function of their legs.

## What will I need?

- Wear loose fitting clothing that is comfortable to move in.
- Wear supportive footwear such as a trainer or sport shoe.
- Patients are welcome to bring a drink but these will be provided if needed.
- There are appropriate changing facilities if you are coming from or going to work.

## **Risks**

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury. These can be discussed with your physiotherapist prior to referral into the group. They will advise you of any risks and/or modifications required.

## What to expect

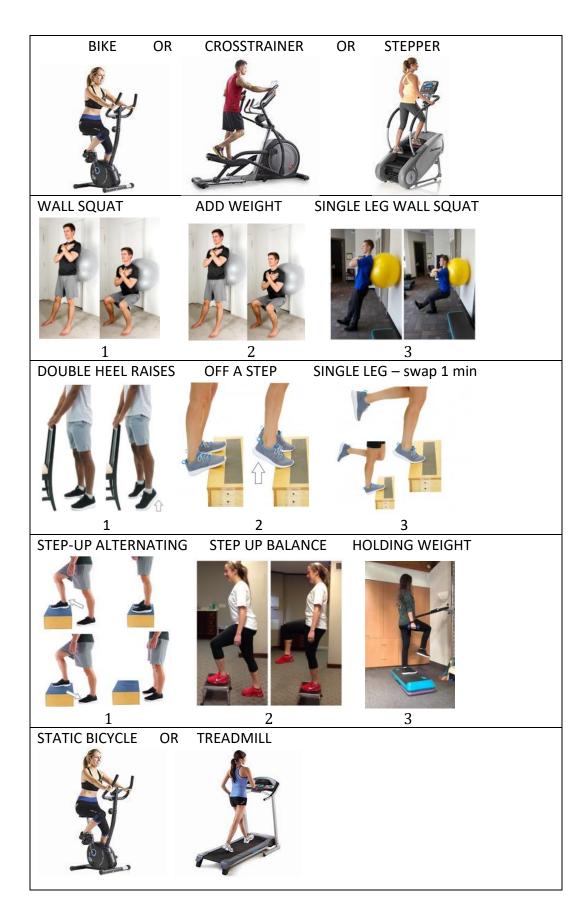
This is a physical, progressive exercise rehabilitation group (so be ready to exercise!). The group usually consists of up to 8 people, who are at varying stages of recovery for a variety of problems. It is quite a laid back, informal exercise group, and sessions usually last about 45 minutes to one hour.

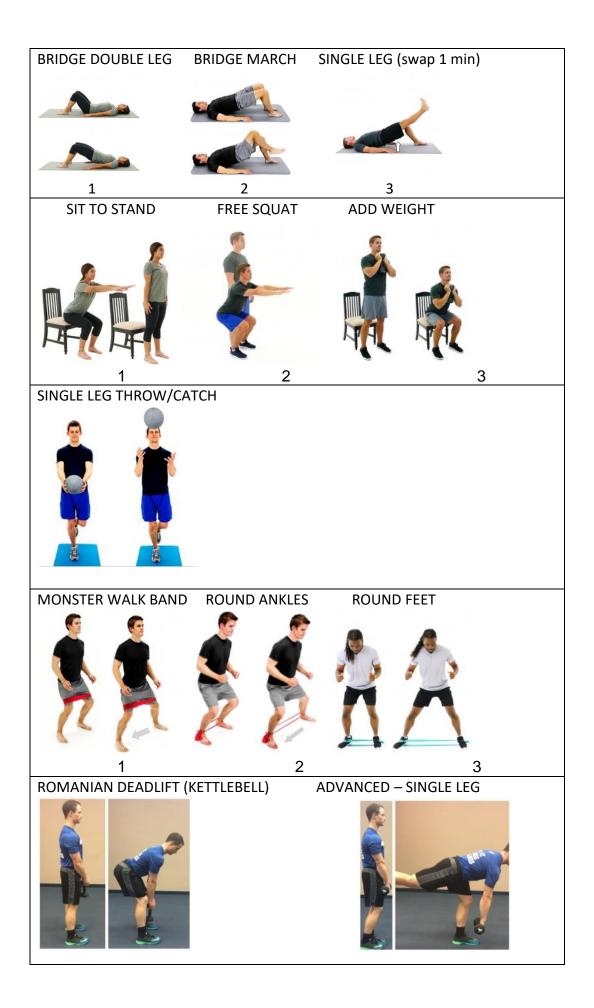
You will be asked to complete questionnaires at the beginning and end of your treatment which we use to measure progress.

People usually attend for 6 sessions. The difficulty of the exercise programmes will be gradually increased according to progress, to work towards functional recovery goals.

An example of the exercise circuit used in the class has been included on the next page.

# **Exercises.**





# **Comments, Compliments or Complaints**

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

# **Contact Us**

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager Wrightington, Wigan and Leigh NHS Foundation Trust Royal Albert Edward Infirmary Wigan Lane Wigan WN1 2NN

# **Ask 3 Questions**

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

- 1. What are my options?
- 2. What are the pros and cons of each option for me?
- 3. How do I get support to help me make a decision that is right for me?

# How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our "how we use your information" leaflet which can be found on the Trust website: https://www.wwl.nhs.uk/patient\_information/leaflets/

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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